



Group Swim Lessons

UNSURE WHICH LEVEL YOUR CHILD BELONGS IN?

Schedule a 5 minute swim assessment with a certified instructor. Contact Kate Meyer at 303.335.4927.

PARENT/TOT | Age 6-18 months

Develop a high comfort level in the water while training parents in water safety and drowning prevention. This class is a fun and confidence building experience. One parent must be in the water with each child. Swim diapers required.

PARENT/CHILD | Age 1 ½ - 2 years

Student will learn to float, blow bubbles, put their face in the water independently and be introduced to deeper water. One parent must be in the water with each child. Swim diapers required.

TEEN SWIM | Age 12-17 years

This class is designed to help Teens become more proficient with the basic swimming strokes Freestyle, Backstroke, and Breaststroke. In this class we will work on technique, endurance, and even dabble in the pretest skills needed to get into a lifeguard class. The class is designed to provide an opportunity for teens to learn how to swim with other swimmers their age. The first day of class the teens will be asked why they are in the class and what their goals are for the class. While all the goals will vary we will design the class curriculum based on the goals the participants have.*Swimmers must be able to swim freestyle the whole length of the pool in order to be in this class.

ADULT SWIM | Age 18+

This class is designed to help Adults learn to swim. The first day of class the Adults will be asked why they are in the class and what their goals are for the class. While all the goals will vary we will design the class curriculum based on the goals the participants have.

The purpose of the American Red Cross Swimming and Water Safety program is to teach individuals of different ages and abilities how to swim and be safe in, on and around the water. The program covers the knowledge and skills needed for aquatic skill development. All instructors are American Red Cross certified. Preschool classes strive for a 5:1 student to instructor ratio and a 6:1 ratio for school age levels 1-6.



LEVEL	CLASS FOCUS	PRE-REQUISITE	AGE
Pre Pollywog (Maximum 4 participants)	Being in a class setting and going underwater independently	Willingness to participate in a group setting without a parent in the water. Needs to be able to follow simple directions.	2-3
Pollywog (Maximum 5 participants)	Floating, breath control, underwater and forward movement in the water	Comfortable in a group setting. Willingness to submerge underwater.	3-5
Tadpole (Maximum 5 participants)	Front crawl stroke with breathing and being comfortable in deep water	Ability to jump into the pool go under water and come back up and float on back independently	3-5
Toad (Maximum 5 participants)	Improving strokes, endurance and comfort in deep water	Ability to swim 15 yards with coordinated arm and leg movement on front and back independently.	3-5
Level 1 (Maximum 6 participants)	Being in a class setting and going underwater independently, learning floats	Being ready to participate in a group setting	5+
Level 2 (Maximum 6 participants)	Floating, breath control, underwater and forward movement in the water	Comfortable with going underwater without hesitation. Ability to float with assistance.	5+
Level 3 (Maximum 6 participants)	Front crawl with breathing, elementary backstroke and diving basics	Can swim front crawl. Be comfortable in deep water. Capable of rolling front to back independently.	5+
Level 4 (Maximum 6 participants)	Stroke work on 4 competitive strokes and elementary backstroke	Swimming 15 yards of front crawl with breathing	5+
Level 5 (Maximum 6 participants)	Increasing swimming efficiency	Swimming 25 yards of front crawl with breathing, breast stroke, and elementary back stroke	5+
Level 6 (Maximum 6 participants)	Swimming skill proficiency	Swim 4 competitive strokes, complete at least 25 yards of each stroke and 50 yards of freestyle with side breathing	6+